



Force Protection



Current FPCON: Alpha
Threat Level: Low



In a real-world
emergency, call the
Public Affairs Straight
Talk Line, **535-3542**.

Don't drink and drive; call
LADD: 295 57 LADD

Medical Appointment:

Base: 535-3261

Off base: 295-573-261

Emergency:

Base: 911

Off base: 295-571-911

Weekend

Weather Forecast (Lajes Weather Flight)

Saturday (a.m. / p.m.)

Partly Cloudy
Wind SE 10 mph
S 10 mph
High 63F / 17C
Low 57F / 14C

Sunday (a.m. / p.m.)

Partly Cloudy
Wind S 10 mph
S 5 mph
High 63F / 17C
Low 55F / 13C

Stand-out Airman becomes parent guardian

By 1st Lt. Mara Title
65th Air Base Wing Public Affairs

Many people join the military to travel, gain experience, or to be part of something greater than themselves. As with any major decision, this lifestyle change often affects their family and friends. In the case of Staff Sgt. JaVona Tarpley, she joined the Air Force to continue her education, and her decision has positively affected both her life and her brother's as well.

As a 25 year-old Material Management specialist in Supply, Tarpley is a hard-charger. She is known as "Sergeant America" in the 65th Logistics Readiness Squadron for leading the mobility section into the U.S. Air Forces in Europe's first-ever combined Operational Readiness Inspection and Limited Compliance Inspection, just months after graduating from Airman Leadership School.

She's also excelled in the academic world.

"JaVona is committed to education," said Maj. Scott Hopper, 65th LRS commander. "She was an immediate academic standout finishing number 2 of 14 students in the Materiel Management training school with a 99 percent academic average."

Tarpley was named a Superior Performer in the Limited Compliance Inspection, and later chosen for the position of Executive Assistant to the 65th Air Base Wing command chief. With such a high level of performance, most people never would have guessed that same year she'd also taken on the role of parental guardian for her 16 year-old brother, Raymond Forrest-Jamerson. Both Tarpley and her brother had grown up in Washington, D.C. with their grandmother, Barbara Jamerson; but when she needed to move into a senior living facility, Tarpley's brother had no one to take care of him. And her decision, although noble, has provided some challenges.

"The hardest part was the waiting," said Tarpley. "Once gathering up all the required documents, it was a long waiting process for items to reach the next party."

Tarpley said her commander and supervisor tried to help by finding the right people in finance, personnel and DoDDs to get the answers she needed. She suggests those who want to make a family member a dependent should endeavor to do their research, be organized, and have patience. But along with the obstacle of legally making her brother a dependent, she also had to adjust to the roles of parenthood.

"We had to learn that I was not only his big sister but the new authority figure in his life," said Tarpley. "I've always considered myself a role model, but enforcing rules and bed times are a totally different thing."



Staff Sgt. JaVona Tarpley, 65th Logistics Readiness Squadron, Lajes Field, Azores, Jan., 2012. (Photo by Guido Melo)

She also said the fact her brother is a teenager and she's only nine years his senior is a little awkward.

"I get the confused and puzzled looks about our relationship," she said. "Most of the parents of the teenagers here are field grade officers or senior NCO's, so it's strange for me being such a young staff sergeant."

But her sacrifice is enabling her brother, who was struggling to thrive in his tough southeast Washington D.C. neighborhood, to succeed. In fact, although she is continuing her own education, she is saving her GI Bill for Raymond to attend college. She said he's looking forward to studying forensics and art.

Tarpley and her brother went home to visit their grandmother for Christmas, where she had a chance to reflect on the changes that occurred throughout the year. She said she feels like the journey has all been worthwhile.

"I'm happy to have a part of my family with me here on the island," said Tarpley. "The fact that I was able to help my brother and show him a different view on life is an amazing positive aspect."



Are you the best you, you can be?

**By Master Sgt.
Jamie McCarrison**
65th ABW Equal Opportunity



Resiliency in the Air Force is based on being spiritually, mentally, physically, and socially fit. "Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality." The poignant quote by Dr. Martin Luther King, Jr., reflects the importance of being resilient. Although you might feel this is something you already know, I challenge you to think about this during your day-to-day activities.

When you come to work each day, you may not realize you have the power to set the tone in the office. If you are in a good or bad mood, you will pass this mood on, and this is based on your mental resiliency. How mentally resilient you are affects all those you work with. If you are not happy, look to how you can be happier and improve your mental resiliency.

Physical fitness is another aspect of being resilient. If you know someone who is struggling with his or her physical well-being, help them.

After all, if someone is not physically fit this has the potential to adversely impact you. Do all you can to make the Air Force the best it can be.

Many times spiritual fitness is synonymous with church, but this is not always the case. Any guiding force in your life which gives you focus helps you to be spiritually fit. Ensuring you are spiritually fit helps you be a strong person and leads to inner peace and balance.

Humans are social creatures by nature, but we don't all handle social situations the same way. Are we doing everything we can do to help those who might appear socially distant? That person who always seems to be eating by himself, or never smiles—do we stop to ask why?

The theme for this year's Martin Luther King day is "Remember! Celebrate! Act! A Day On, Not A Day Off." One way we could pay homage to this man's legacy is to work on our resiliency and help those around us with theirs. We do have an effect on each other and we should look to do it in a positive way. By being the best person we can be, we can and do help others. There will be a ceremony to celebrate the achievements of Dr. King, Friday, Jan. 13 at 10 a.m. in the base chapel. Please stop by!

Commander's Action Line
535-4240
65abw.actionline@lajes.af.mil

The Commander's Action Line is your link to the commander for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option — but when that's not the answer, call or e-mail the Commander's Action Line at 535-4240 or 65abw.actionline@lajes.af.mil.



Col. Jose Rivera

Col. Jose Rivera
Commander, 65th Air Base Wing

You have the power to quit tobacco in 2012

**Provided by 65th Medical Group,
Health and Wellness Center**

Once the holidays have come and gone, it's time to reflect on you and where you want to be in the coming year. If you've tried to quit tobacco before or have been contemplating quitting for a while, now is the time to do it ... not for your mother, not for your spouse, not for your significant other. This is the time to do it for YOU.

Everyone has the power to quit tobacco. However, it takes motivation from within and a solid plan with proven strategies to succeed. You can discover how to put together a plan to quit and get the support to persevere on this website. First, let's look at the best way to get from here to there: motivation.

Motivation is a powerful engine that can ignite your drive to succeed. It comes from your desire to achieve a goal and the belief that you are capable of doing it. The greater your desire and belief, the more motivated you become. Once you can tap into your power of motivation, your drive to quit will become unstoppable.

Kick start your motivation by setting a goal, and then get excited about that goal. Write down your goals and commit to them publicly. Look for inspiration from others who have achieved the goal of quitting tobacco. Use visualization to see how you can overcome obstacles and achieve a positive outcome. Then take concrete actions: Create your own quit plan to map out a strategy for success.

Once you have unleashed your power of motivation and set a plan into action, here are some tips to help you stay motivated.

Prepare Yourself. Use Train2Quit, an

interactive online program that will walk you through the steps to becoming permanently tobacco-free. The program will show you how to harness all of your resources—mental, psychological, social, and medical—to deal with withdrawal, overcome temptation, and keep from gaining weight as you give up cigarettes or dip for good. Train2Quit will take you on a personalized journey that can double your chances of success.

Get Support. When your motivation dips, try connecting with our Live Chat service, available to you 24/7. Our trained quit coaches offer interactive advice, support, or just someone to talk with, one on one, when you need it most. It's free and confidential, and it could be just the extra support you need to quit and stay that way. Or, go to the Locate Support page to find your region or State and get support in your area to achieve your goal of living tobacco-free.

If you are a TRICARE beneficiary who is not eligible for Medicare, you can call a help line, 24/7, and speak with a trained tobacco quit coach. Your coach can help you create a customized quit plan and refer you to a provider to help you carry out the plan. The Quitline is available 365 days a year in three TRICARE regions:

North: 866-459-8766 (Wisconsin to Maine to North Carolina)

South: 877-414-9949 (Texas to South Carolina)

West: 866-244-6870 (everywhere else)

Stay Preoccupied. Our fun, free games—Texas Hold 'em; Kiss Me, You Fool; Forgotten

To read more on "tobacco" see page 3



The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.

The Public Affairs Office (Unit 7710, APO, AE 09720) is located in Bldg. T-100, Room 240.

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All photographs are Air Force photographs unless otherwise indicated.

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High school student aspires to become DoDDS teacher

By Staff Sgt. Angelique N. Smythe
65th Air Base Wing Public Affairs

He's young, driven, motivated and has a very clear view of his aspirations.

Meet Anthony Ciranni -- a 17-year-old Lajes Field High School student who dreams of becoming a teacher within the Department of Defense Dependents Schools, which he himself has been a part of since the age of five.

Recently, Anthony proved himself to be one of the most highly intelligent students, not just within DoDDS, but throughout all of the U.S. public school system by scoring in the 97th percentile on the Preliminary SAT Test. As a commended National Merit Scholarship semifinalist, he became greatly eligible for scholarships and grants from many other colleges and universities.

"After I graduate this year, I plan to attend college, major in music education, and then I want to become a DoDDS band teacher and history teacher," he said.

Music is his passion; he loves history as well; and he also has a knack for teaching and mentoring, a skill which his parents said has been honed by his heavy involvement within the Eagle Scouts.

In November 2011, Anthony received some long awaited exciting news when he learned he'd been accepted into the DoDDS-Europe Jazz Seminar 2012 as one of six trombone players, out of the 46 who auditioned, to play in Brussels, Belgium, from Jan. 8 through 13.

"Anthony has auditioned for the past three years in hopes of being accepted into the DoDDS-Europe Jazz Seminar," said his high school band instructor, Ann Engles. "This year he spent countless hours preparing his audition music. With only six trombone students being accepted from all over DoDDS-Europe, Anthony is more than thrilled to have made the list."

The seminar allows students from throughout DoDDS-Europe to pay tribute to the greatest jazz musicians. At this seminar, Anthony had the opportunity to work with a number of professional musicians, as well as Professor Jiggs Whigham, an internationally known jazz trombonist, composer, conductor and educator.

Anthony has spent much of the last several years building a strong resumé to develop a successful career path. As a leader of various events and projects within the school, band and community, he's shown off his management skills, international experience and has achieved many honors and awards, such as National Honor Society 2011, Bausch Lomb Honorary Science Award 2011, Eagle Scout 2010, Outstanding Band Student 2010 and Youth Volunteer of the Year Award 2008, just to name a few.

This very well-rounded student has also been a part of the Future Educators of America, the Chess Club, the Model U.S. Senate, Academic Bowl, Cheer Team, Soccer, Golf, etc.

Most recently, Ms. Engles noted, as director of his school's jazz band, Anthony led the band during their Christmas concert in December 2011. Activities such as this allow him the practical application needed to do what he essentially intends to do after graduation.

This extremely goal-oriented student has already applied to four colleges. His first choice is Castleton State College in Vermont, a small college, which has a music education program and extracurricular activities, such as a marching band and jazz combo, plus, good skiing,



Lajes high school senior Anthony Ciranni, 17, speaks with his band instructor, Ann Engles. Anthony has been a part of the Department of Defense Dependents Schools since the age of five and intends to apply to become a DoDDS music and history teacher after completing his college education. (Courtesy photo)

which were all important on his list of requirements. Anthony intends to apply to DoDDS immediately upon completion of his college education.

Chuck and Laura Lee Ciranni, Anthony's parents, said they are very proud of their son, excited for his passion and the fact that he's very clear on exactly what he wants to do with his future.

Mr. Ciranni is a retired Air Force munitions master sergeant and currently the leader of Lajes' Eagle Scouts, and Mrs. Ciranni is a Lajes Elementary School kindergarten teacher.

We've been overseas since he was five years old, they said. He's a military child and he's traveled a lot. He's seen the world and he knows how things operate within the military community.

These are all reasons why Anthony said he wants to continue his career within DoDDS.

"I basically grew up overseas, and so I want to stay overseas and continue to have all the different travel opportunities," he said. "I really enjoy music and I discovered through the scouts that I enjoy teaching, too, so I kind of put them together."

Anthony will graduate Lajes High School in June 2012.

"tobacco" from page 2

Treasures; Word Challenge; and Make an Avatar—are a great way to pass the time when you crave that cigarette or chew due to nicotine withdrawal. Remember, most cravings last only 3 to 6 minutes, and these fun games will help keep you distracted to pass the time.

Be Connected. You can talk with others who are fighting to quit tobacco just like you through our quit blogs; studies show that people who quit with friends are 36 percent more likely to remain tobacco-free.

Keep focused. Subscribe to QuitTips and get three texts a week

with quit tips to keep you on track. QuitTips is free, although your wireless provider will charge for these text messages at its usual rate.

Reward Yourself. Use our online savings calculator to see how much money you're spending to feed your tobacco addiction. If you smoke a pack a day and pay \$5 for a pack, you'll see that you're spending \$150 a month. That's money you could spend on a special treat for yourself.

Make this the year you successfully quit tobacco for you! Get motivated and make a plan.

You can do it. We can help.

<http://www.ucanquit2.org/>

SFS reminds Team Lajes of child safety guidance

- 1- Children under 12 years of age and less than 150cm in height, carried in cars equipped with safety belts must be secured by an approved restraint system that is adapted to their size and weight.
- 2- The transportation of children, referred to in the preceding paragraph shall be done in the back seat, except in the following situations:

A) If the child is younger than 3 years old and transport is done using a restraint system facing the rear, in this case the air cushion cannot be turned on in the front passenger seat.

B) If the child is 3 years of age and the cars does not have seatbelts in the rear seat, or if the seat is non-existent.

3- In cars not equipped with seat belt, it is prohibited to transport children under the age of 3 years.

4- In cars for public transportation of passengers, children can be transported, without regard to the provisions of preceding paragraphs, provided they are not in the front seat.

Note: Failure to comply the rules set forth above is held as a serious offense and will be penalized with seven points getting the driver disqualified from driving on the AB4 for a period of seven days.

Please contact the Pass and Registration Office at 535-4786 for more information.

Team Lajes welcomes newest member!

Hanna Marie Emeott was born November 11th, 2011, to Tech. Sgt. Timothy Emeott, 65th Contracting Flight, and his wife, Teresa Emeott. The proud big sister is Hailey Emeott.

Congratulations!



Team Lajes welcomes newest member!

Noah Darnell King was born November 25th, 2011, to Aleem King, 65th Security Forces Squadron, and his wife, Ashley King.

Congratulations!

LAJES WARRIORS OF THE WEEK



Name: Kenneth Bond
Rank: Master Sgt.
Unit: 65 ABW/CCL
Hometown: Ramah, NM
Duty Title: Political Affairs Advisor
Accomplishments: Master Sgt. Ken Bond is a political affairs advisor to the leadership of the 65 ABW. He champions quality of life and infrastructure improvement projects to our hosts, the Portuguese Air Force, to ensure approval and implementation. He ensures all treaty-binding correspondence between the Portuguese air force and the Wing is completed properly, tracked, and archived for future reference. Master Sgt. Bond is a "strategic Airman" who ensures the wing stays committed to one of our key priorities: "Host Nation Relations."



Name: Eduardo Lima
Rank: LGS-11
Unit: 65 ABW/PA
Hometown: Santa Cruz, Praia da Vitoria
Duty Title: Deputy, Public Affairs
Accomplishments: Sr. Eduardo Lima has worked in the Public Affairs office for 22 years next month, and 37 years total for the U.S. Air Force. In 1974 he started working at Lodging as a billeting clerk, then moved to the Transportation Squadron where he held the duties of vehicle dispatcher, Drivers' School Technician and Chief Dispatcher, before he moved to Public Affairs. Sr. Lima is currently head of community relations with Portuguese local and military authorities, translates all Portuguese newspaper and magazine articles pertaining to 65 ABW, and helps facilitate all media interviews with the 65 ABW. His knowledge and expertise make him a vital asset to the public affairs office.



"6-5...IN THE FIGHT!"

Feature



(Left) Senior Airman Roderick Aust, American Forces Network Lajes, conducts the Command Team Corner radio program (which airs the first Friday of the month at 9 a.m.) with (right) Col. Jose Rivera, 65th Air Base Wing commander, at the AFN station, Jan. 6, 2011. There are seven broadcast producers at AFN who work in the Radio and News sections; the Radio section produces three shows each day. (Photo by Lucas Silva)



(Right center) Col. Dave Parr, 65th Air Base Wing vice commander, greets (left center) Admiral Samuel J. Locklear, III, Commander, U.S. Naval Forces Europe, outside a United States Navy C-20 Gulfstream III aircraft, Lajes Field, Azores, January 9, 2012. The admiral and his team stopped at Lajes for a gas 'n go. (Photo by Lucas Silva)



Football teams, Men in Black and Sky Raiders, participate in the Youth Center's Monday Night Football at Lajes Field, Azores, Jan. 9. Monday night football was inspired by NFL Monday Night Football. (Photo by Guido Melo)



(Second from right) Maj. Gen. Jon M. Davis, Commanding General, 2nd Marine Aircraft Wing, MCAS Cherry Point, speaks at a leadership luncheon at the Top of the Rock Club, Jan. 5, 2012. Accompanying the general on his trip through Lajes Field was (right) Sgt. Maj. Susan Bellis. (Photo by Lucas Silva)



Katherine Savage, 65th Force Support Squadron, gives a Youth Center member, Austin Gill, 15, son of Master Sgt. Robert Gill, 65th Operations Support Squadron, an iPod Touch as part of the Winter Campaign Giveaway at the Youth Center Jan. 10, 2011. (Photo by Staff Sgt. Angelique N. Smythe)



Maj. Taona Enriquez, Lucia Rodrigues, and Tech. Sgt. Timothy Emeott represent the 65th Contracting Flight which was recently awarded the 2011 Annual USAF Contracting Award. They won Outstanding Contracting Field Grade Officer, Outstanding Contracting Civilian and Outstanding Contracting Enlisted Member awards, respectively. (Photo by Tech. Sgt. Chyrece Campbell)



Mark your calendar

MARTIN LUTHER KING, JR. DAY: Jan. 16 is a U.S. Federal Holiday and down day for U.S. servicemembers.

WINTER OLYMPICS: The Lajes Winter Olympics is scheduled to begin Jan. 18. The schedule is as follows: Jan. 18 at 1 p.m. - Open remarks by Wing Commander or designated representative; 1:15 p.m. - Invocation by Chaplain; 1:30 p.m. - Dodgeball; Jan. 23 to 27 - 1 to 5 p.m. - Blind Volleyball (Basketball Court); Feb. 13 to 17 1 to 5 p.m. - Wallyball; March 19 to 23 - 1 to 5 p.m. - Indoor Soccer (Basketball Court)

ANNUAL AWARDS MEDALLION CEREMONY: The 2011 65th Air Base Wing Annual Awards Medallion Ceremony is scheduled for Thursday, Jan. 19 at 3:30 p.m. in the Lajes Community Activities Center Ballroom. The event is open to all Lajes Field members.

ANNUAL AWARDS CEREMONY: The 2011 Annual Awards Ceremony is scheduled for Jan. 20 from 6 to 9 p.m. at the Top of the Rock Club.

SHOPPETTE AND EXCHANGE CLOSING DATES: The Shoppette will be closed on Monday, Jan. 23, and the Exchange will be closed on Thursday, Jan. 26, for year-end inventory.

PROFESSIONAL DEVELOPMENT SEMINAR: The professional development seminar is scheduled for Jan. 23 (Conflict Resolution in the Workplace) at the Education Center Auditorium in Building T-146. For more information, contact SMSgt David Harvatin at 535-6197 or david.harvatin@lajes.af.mil.

FESTAS DA PRAIA 2012'S POSTER CONTEST: The Mayor of Praia da Vitória has invited the Lajes Field community to participate in the Festas da Praia 2012's poster contest, using the festival's theme, "The Carnival." If you are interested in creating a graphic design for this event, please send submissions or any questions to festasdapraia2012@gmail.com. The deadline for submissions is Jan. 15. For rules, regulations, and awards, please contact 65 ABW/PA at 535-6161.

EXCHANGE JOBS AVAILABLE: Need a Job? The Exchange is looking to hire for the following US jobs: Exchange Safety & Security Supervisor, Theater Worker, & Projectionist. To find out more information call Nelía Faria at 535-3209.

AAHM: The African American Heritage Committee is planning a series of events for the month of February in celebration of African American Heritage Month. For more information or to volunteer, contact Carlos Wade at 535-1197 or carlos.wade@lajes.af.mil.

ANNOUNCEMENTS: For maximum coverage of base-wide activities, events, and important information, send all advertisement requests to lajes.news@lajes.af.mil. This e-mail address includes members from the 65th



Feature

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Where is the closest bus stop?

PORTUGUESE: Onde é a paragem de autocarro mais próxima?

PRONUNCIATION: Onday ee uh pahrahzhaim the ottokarho miesh proseemah?

At the Movies



7 p.m. Friday - The Muppets (PG-13), 103 minutes.

7 p.m. Saturday - Twilight Saga Breaking Dawn PT 1 (PG-13), 117 minutes.

Movie times and schedule are subject to change. Call 535-4100 for the latest update.

MOVIE CHANGES...

Theater goers spoke, and we listened. Sunday matinees of family targeted movies conflicted with religious services and other family events; to help with the conflict, an extra showing of Happy Feet 2 was added to Friday, Jan. 13 and an extra showing of the new Muppet Movie was added to Friday, Jan. 20.



Force Support Squadron marketing department, AFN, and the Public Affairs office. We want to make sure you get the word out!

MID-DAY ALL REQUEST SHOW: Be sure to tune into Island 96.1 on your radio to hear all of your favorite hits. Don't forget you can submit your request for any songs you want to hear during the Mid-day show from noon to 1 p.m. Monday through Friday. Contact AFN at DSN 535-3121, cell phone at 295-573-121, or via office communicator at Rodrick Aust.

ASK ED

A column that looks at the culture and history of the Azores.

By Eduardo Lima
Community Relations Advisor



Brazil and several African countries were once Portuguese territories

In Portuguese history, Brazil, Angola, Mozambique, Guinea-Bissau and Cape Verde Islands were once Portuguese territories until they became independent.

Brazil, which had been discovered by the Portuguese navigator, Pedro Álvares Cabral, in 1500, became independent in 1822 when the Portuguese government's representative in Brazil, Dom Pedro, refused to leave the country as ordered by Portuguese King John VI, and proclaimed the country's independence.

By the vote of the upper house of the Constituent Assembly, Dom Pedro was acclaimed emperor of Brazil. As a result, all Portuguese troops in Brazil were forced to surrender by the end of 1823.

As far as the African territories of Angola, Mozambique, Guinea-Bissau and the archipelago of Cape Verde, a series of political and military advances carried out by African liberation movements as well as a 13-year guerilla war, threatened Portugal's stability and led to the overthrow of the Portuguese government during a military coup in 1974.

In the aftermath of the coup that ended a 48-year dictatorship, a military temporary government, or junta, was established in Portugal and promised democracy to the country and independence to those African Portuguese territories.

Guinea-Bissau became independent in 1974, while the remaining territories, namely Angola, Mozambique and Cape Verde Islands gained their independence in 1975.

Because of the civil wars that erupted in Angola and Mozambique, due to internal political struggles following the independence, many Portuguese citizens living in those territories as well as local natives were forced to return to Portugal, significantly increasing its population.